

# YNCCAP NEWS

Yakama Nation Comprehensive Community Alcohol Program Newsletter

March 1st, 2018

## Alcohol, Indians and Prohibition Timeline

Native Americans are a diverse group of peoples from varied cultural backgrounds. There are 566 federally recognized tribes in The United States of America. Population numbers of Native Americans have dwindled from, a number in the Tens of millions to **American Indian and Alaska Native population today of 2,597,817.**

The American Indian and Alaska Native (AI/AN) population served by the Indian Health Service (IHS) is young (32% below age 15) and is growing at a rate of 2.7% per year. The AI/AN birth rate is 1.8 times the birth rate of all races in the U.S. Of all the ethnic groups in the world today Native Americans are birthed the fastest and die the youngest of any people group in the world.

Diverse health issues have been a growing source of tragedy and health barriers that we native peoples have got to address on a personal, communal, traditional and spiritual level. The Native American population is poor with a per capita income that is half that of all races in the U.S., and with twice the proportion of persons below the poverty level.

Health issues, economic distress, educational goals not fulfilled, customs and culture hanging in peril, these are among any number of social concerns that face the Native American and are alarming to say the least.

Alcohol is the most illicitly used substance in the world and has found its way into the lives of our young Native American people and is affecting almost every tribe in America, and plays the role of destroyer to all of our people of all age demographics to those who use and misuse it.

Drinking attitudes and behaviors in the United States reflect its strong temperance past. National Prohibition of alcohol existed for nearly 14 years between early 1902 and late 1933. Upon repeal of Prohibition, however, a large number of states continued their own **state prohibition and others permitted “local option” regarding prohibition. There are still hundreds of “dry” counties and municipalities** in which the sale of alcoholic beverages is prohibited. There are also millions of Americans who currently support the concept of prohibition.

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*If a man aspires towards a righteous life, his first act of abstinence must be from injury to himself.*

Anonymous

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In the United States the use of alcohol was so rampant and debauchery of all kinds was king it led to the 1919 The Eighteenth (Prohibition) Amendment is added to the U.S. Constitution. It is repealed in 1933.

1920-1933 The use of alcohol is prohibited in the United States. In 1932 alone, approximately 45,000 persons receive jail sentences for alcohol offenses.

Up until 1953 in the United States it was illegal to sell alcohol to Indians; the 1953 Indian prohibition was repealed country-wide in 1953 by President Dwight D. Eisenhower. Indian reservations, however, remained dry unless they opted to permit the possession and sale of alcohol on the reservation.

In addition, according to Article 9 of our Yakama Nation treaty states:

**“ The said confederated tribes and bands of Indians desire to exclude from their reservation the use of ardent spirits, and to prevent their people from drinking the same, and, therefore, it is provided that any Indian belonging to said confederated tribes and bands of Indians, who is guilty of bringing liquor into said reservation, or who drinks liquor, may have his or her annuities withheld from him or her for such time as the President may determine”.**

This article contained in our treaty no matter how incontrovertible has been repeatedly referred to in our peoples battle against alcohol as a template or the chief cornerstone in building and maintaining a sober Yakama Nation. However this treaty article being not enforced has led to the scope and magnitude of the alcohol problem we face today. It might be time to enforce this article and combat the onslaught of addiction and substance use in earnest.

In spite of the dismal, and seemingly overwhelming social problems faced by our people it almost makes you say why bother trying to combat this increasingly dangerous and stressful individual and community problem, but combat this problem is exactly what we here at the Yakama Nation Comprehensive Community Alcohol program are presently doing. Our mission is to rid ourselves of dependence on any and all substances that our creator did not intend for us to ingest. I firmly hold the belief that we were made to take in three things, water, oxygen, and food. We have taken a stand against drinking and smoking, injecting, snorting substances on our reservation, prevention efforts are in full swing in terms of obtaining and utilizing offsite buildings to screen and assess individual teens and adults in the White Swan area, Toppenish area and Wapato area.

We (YNCCAP) have partnered with Fort Simcoe Job Corp, Harrah Elementary School, Yakama Nation Tribal School, White Swan High School, Yakama Nation Forest Products, Yakama Nation Corrections and Rehabilitation facility, Yakama Nation Tribal Council and Yakama Nation General Council

You and me, the individual and community and Yakama Nation Tribal member can help defeat substance use, together we can rally and come back from such a heavy hit and help restore our cultural **heritage of Traditional abstinence, spirituality and sobriety to its once great status among our Native Peoples.**

Statistics cited in this article taken from [healthguidance.org](http://healthguidance.org)

Article 9 cited and taken from our Yakama Nation Treaty of 1855

Eric Johnson Clinical Supervisor YNCCAP Adult Facility



**Native American Fatherhood and Family Association**

### NAFFA FOUNDATIONAL PRINCIPALS:

Native parents are in the majority when it comes to making certain that tradition and culture are aimed at as a target for their families to aspire to, without it we cease to be indigenous. NAFFA dictates that SERVICE, WISDOM, TEACHABLE CHOICE, CREATOR, in these five core principals lies the building blocks for happy and safe families.

There are 12 sessions in the NAFFA class which are as follows

- 1) Introduction
- 2) Laying the foundation fatherhood and motherhood is sacred .
- 3) The Creator
- 4) Choice
- 5) Vision-essential part of choice
- 6) Teachable
- 7) Barriers to being teachable
- 8) Wisdom
- 9) Service
- 10) Self identity
- 11) Relationships
- 12) Nurturing

### **Session 10 self-identity**

Self identity is one of life's most baffling odysseys. Are we what were made up to believe by those who raised us, Are we what society expects us to be, or is it as Plato says "the unexamined life isn't worth living" . Be it as it may self identity or the search of it has ruined many a man. Status seekers, gold diggers, fame and fortune, looks and sexual vigor, are all just to name a few of men's vices that have taken us far from the path of dignity, character, integrity, strong positive self . The importance of knowing who we are stems back to the dawn of man,

Our Native American self-concept of how we see ourselves determines our behavior , our vocabulary , our social circles and the type of family we ultimately help build. Traditional or conventional, that's the age old problem with native families who live in two world's.

A solid grasp on Self identity provides us with a stable foundation upon which to build ourselves and families. Today's philosophy centers on self-centeredness not altruism, or selflessness, which is what NAFFA teaches it's Fathers. Identifying as a father who strives to raise his children eliminates the vacuum, selfishness creates and replaces it with strong positive self identity. Eric Johnson (instructor)

### **Parenting Quote of the month**

**Remember that your children are not your own, but are lent to you by the Creator.**

### **Native American Proverb**

The talking circle had three Native Warriors in this weeks class. You might ask why I'm referring to them as warriors? It takes courage, fortitude, tenacity, and an overall fierceness to remain Native in a world that's hostile to Native Americans, thus the term "Warrior" the continued need to assert ourselves and communicate the need for healing and confess faults that we have as men.

However, that confession is exactly what's needed in order to be restored to our ancestral role of Warrior, protector of our family and villages, community. The **talking circle** has afforded us the avenue to travel on and maintain a traditional way our **Native American** peoples can solve problems. Warriors please join us weekly.

By Eric Johnson



## **“TALKING CIRCLE”**

***SELF HELP / RECOVERY GROUP***

**EVERY THURSDAY OPEN GROUP**

**TIME: 6:00 -7:00 P.M.**

**20 GUNNYON ROAD**

**TOPPENISH, WASHINGTON 98948**

[For more info contact Wade B. \(509\) 865-5121 ext.4454](#)

# Yakama Nation Comprehensive Community Alcohol Program Calendar of Events

## MARCH, 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 YNCCAP Talking Circle 6:00-8:00 pm  Yakama Nation DOC inmate assessments 9:00 -11:00 am	2 NAFFA  Father hood motherhood Class  6:00-8:00 pm	3
4	5	6 Living in Balance Group  3:30 -5:00 pm	7 YNCCAP  Relapse prevention Group  5:30 -7:00 pm	8 YNCCAP Talking Circle 6:00-8:00 pm  Yakama Nation DOC inmate assessments 9:00 -11:00 am	9 NAFFA  Father hood motherhood Class  6:00-8:00 pm	10
11	12	13 Living in Balance Group  3:30 -5:00 pm	14 YNCCAP  Relapse prevention Group  5:30 -7:00 pm	15 YNCCAP Talking Circle 6:00-8:00 pm  Yakama Nation DOC inmate assessments 9:00 -11:00 am	16 NAFFA Father hood motherhood Class 6:00-8:00 pm  Alcohol drug information school 3rd Friday of each month	17
18	19  Fort Simcoe Job Corp presentation 3:30-5:00 pm	20 Living in Balance Group  3:30 -5:00 pm  Kinship Care Dinner Presentation	21 YNCCAP  Relapse prevention Group  5:30 -7:00 pm	22 YNCCAP Talking Circle 6:00-8:00 pm  Yakama Nation DOC inmate assessments 9:00 -11:00 am	23 NAFFA  Father hood motherhood Class  6:00-8:00 pm	24
25	26	27 Living in Balance Group  3:30 -5:00 pm	28 YNCCAP  Relapse prevention Group  5:30 -7:00 pm	29 YNCCAP Talking Circle 6:00-8:00 pm  Yakama Nation DOC inmate assessments 9:00 -11:00 am	30 NAFFA  Father hood motherhood Class  6:00-8:00 pm	31  YN Problem gambling awareness month community dinner 4-7 pm legends casino

## Criteria for Substance Use Disorders

Substance use disorders span a wide variety of problems arising from substance use, and cover 11 different criteria:

1. Taking the substance in larger amounts or for longer than you're meant to.
2. Wanting to cut down or stop using the substance but not managing to.
3. Spending a lot of time getting, using, or recovering from use of the substance.
4. Cravings and urges to use the substance.
5. Not managing to do what you should at work, home, or school because of substance use.
6. Continuing to use, even when it causes problems in relationships.
7. Giving up important social, occupational, or recreational activities because of substance use.
8. Using substances again and again, even when it puts you in danger.
9. Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the substance.
10. Needing more of the substance to get the effect you want (tolerance).
11. Development of withdrawal symptoms, which can be relieved by taking more of the substance.

### Severity of Substance Use Disorders

The DSM-V allows clinicians to specify how severe or how much of a problem the [substance use disorder](#) is, depending on how many symptoms are identified.

Two or three symptoms indicate a mild substance use disorder;

four or five symptoms indicate a moderate substance use disorder,

and six or more symptoms indicate a severe substance use disorder.

Clinicians can also add “in [early remission](#),” “in sustained remission,” “on maintenance therapy,” and “in a controlled environment.”

ADMISSIONS CRITERIA

## DOCUMENTATION REQUIRED

\*All referrals for Court, Employer, EAP, Vocational Rehabilitation, BIA General Assistance, DSHS, IHS, Medical, Mental Health, VA, Housing or other Treatment Agency:

ITEMS #1-#5 ARE MANDATORY

1. COURT ORDERS OR DOCUMENTATION from your referral source.
2. TB SKIN TEST RESULTS
3. STATE/AND OR TRIBAL PICTURE IDENTIFICATION (If you do not have a Tribal I.D., you may provide proof of I.H.S. eligibility.)
4. PERSONAL LEGAL HISTORY will need to be obtained from **BOTH Yakama Correctional & Rehabilitation Facility, AND Yakima County District Court** (Regardless if your legal matter is in only one court or the other.) Cost for copying may apply.

PROOF OF MEDICAL INSURANCE (Private, Employer or State)

ITEMS #6-#11 ONLY IF APPLICABLE

6. PROBATION OFFICERS NAME AND ADDRESS (If applicable)
7. ATTORNEYS NAME AND ADDRESS (If applicable)
8. DISCHARGE SUMMARY (If transferring from other treatment agency)
9. CERTIFICATE OF COMPLETION (If applicable)
10. PRIOR ASSESSMENTS/EVALUATIONS (If applicable)

PHYSICAL EXAMS./PSYCHOLOGICAL EVALS./UAs (If applicable)

\*DUI/Physical Control/Vehicular Assault/Vehicular Homicide Assessments or Evaluations for DCFS/CPS/NAK NU WE SHA Child Custody Issues:

IN ADDITION TO THE ABOVE DOCUMENTATION THE FOLLOWING IS REQUIRED. (This will not be the responsibility of the Yakama Nation Alcohol Program ;)

1. DRIVERS ABSTRACT from the Department of Licensing \$13.00 as of 2/20/13. (Regardless if you have had a drivers license in the past or not.)
2. PERSONAL LEGAL HISTORY will need to be obtained from **BOTH Yakama Correctional & Rehabilitation Facility, AND Yakima County District Court** (Regardless if your legal matter is in only one court or the other.) Cost for copying may apply.
3. ORIGINAL CITATION or PROOF OF BAC/BAL READING (If submitted)
4. INCIDENT REPORT (If applicable or available)



## AT A GLANCE: THE SIX DIMENSIONS OF MULTIDIMENSIONAL ASSESSMENT

ASAM's criteria uses six dimensions to create a holistic, biopsychosocial assessment of an individual to be used for service planning and treatment across all services and levels of care. The six dimensions are:

1	<b>DIMENSION 1</b>	<b>Acute Intoxication and/or Withdrawal Potential</b> Exploring an individual's past and current experiences of substance use and withdrawal
2	<b>DIMENSION 2</b>	<b>Biomedical Conditions and Complications</b> Exploring an individual's health history and current physical condition
3	<b>DIMENSION 3</b>	<b>Emotional, Behavioral, or Cognitive Conditions and Complications</b> Exploring an individual's thoughts, emotions, and mental health issues
4	<b>DIMENSION 4</b>	<b>Readiness to Change</b> Exploring an individual's readiness and interest in changing
5	<b>DIMENSION 5</b>	<b>Relapse, Continued Use, or Continued Problem Potential</b> Exploring an individual's unique relationship with relapse or continued use or problems
6	<b>DIMENSION 6</b>	<b>Recovery/Living Environment</b> Exploring an individual's recovery or living situation, and the surrounding people, places, and things

PPC III criteria for patient placement is how we get our clients placed into treatment after an assessment and subsequent diagnosis is arrived at. Above are the six criteria that have been determined by the American Society of Addiction Medicine otherwise known as ASAM. Each assessment that we at YNCCAP complete is accompanied by this criteria.

Counselors across the board have varying degrees of skill sets as they develop professionally and increase their knowledge, skills, and attitude.

The developing clinician is aware of philosophies, practices, policies, and outcomes but does not readily connect treatment models to client needs,

The proficient clinician understands a variety of philosophies, practices, policies, and outcomes and applies them to treatment planning and delivery of services.

The exemplary clinician develops addiction services plans that link the client needs to appropriate treatment philosophies, practices, and policies that lead to relevant positive client outcomes.



# DRUG ADDICTION OPTIONS

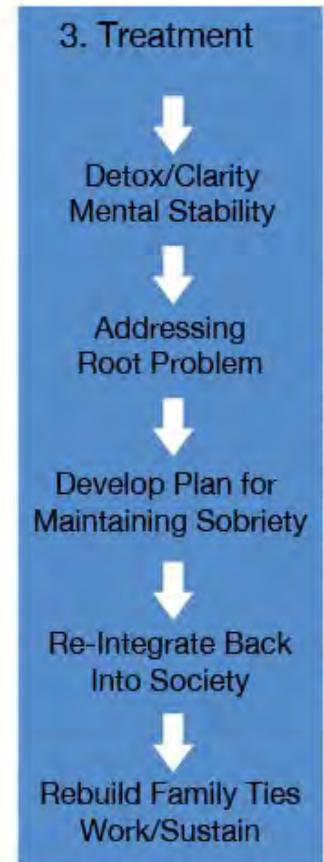
**1. Death**

- Extinguished life.
- Extreme pain for family and friends.
- Broken families created.

Unacceptable



Expensive for Tax Payers  
Recurring  
Unproductive  
Detrimental to Society  
Detrimental to Family and Friends



↓ **PROGRESS** ↓

Success  
Life  
Rebuilt Families  
Save Tax Payers Money

*TheJenniferAct.com*

**If you must play, decide upon three things at the start:  
the rules of the game, the stakes, and the quitting time.**  
*Chinese Proverb*

Photos taken at the second annual 2018 Yakama Nation Problem Gambling Free Movie, **“The Gambler”**, starring Mark Walberg, we had a total of 143 individuals at the event. This endeavor has been devised with the intent to make certain that we make a concerted effort to prevent problem gambling before it starts. Handouts, bags, and T-shirts were handed out to each participant. As you might take notice in photographs taken that each member of the **“helping team”** have on our neon green problem gambling prevention T’s.

This second annual Yakama Nation Problem Gambling Awareness month event is a grassroots campaign that depends on the participation of National Council on Problem Gambling state Affiliate, organizational and individual members, state health agencies, gambling companies, recovery groups and a wide range of healthcare organizations and providers. 2018 is the 14<sup>th</sup> year for this event. Groups across America hold conferences, air Public Service Announcements, provide counselor trainings, host screening days, run social media campaigns and many other activities to increase public awareness of problem gambling and the availability of prevention, treatment & recovery services.

**The 2018 PGAM theme is “Have the Conversation”.**

The goals of this national campaign are: To increase public awareness of problem gambling and the availability of prevention, treatment & recovery services.

To encourage healthcare providers to screen clients for problem gambling.

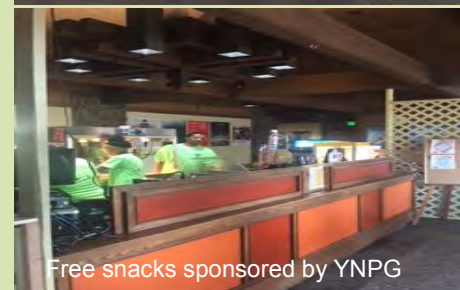
Thanks to Gary Cooper, Yakama Nation Problem gambling Program manager Wade Benge his assistant, YTC CHA Noreen George and myself Eric Johnson clinical supervisor of the Yakama Nation Alcohol program for making this team effort all possible.



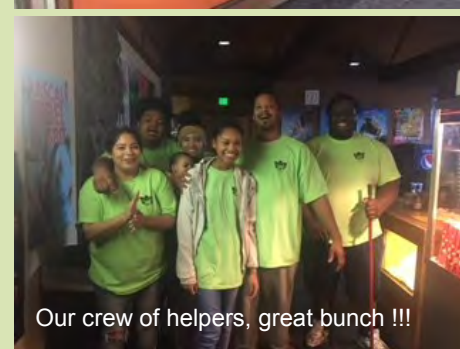
Eager participants ,aye lol



Gary Cooper spreading the message



Free snacks sponsored by YNPG



Our crew of helpers, great bunch !!!

**Gary T. Cooper BS, CDP, Problem Gambling Counselor**

**509-865-5121 x4461 Fax: 509-865-4333**

#### **Yakama Nation Problem Gambling Program Mission Statement**

The Mission of Yakama Nation Problem Gambling is to offer problem gambling education, public awareness, screenings, assessments, and treatment for individuals and their families in the greater surrounding Yakama community. Yakama Nation Problem Gambling Program aims to help reduce problem gambling issues and effects in the lives of our community members





Some of the attendees at this month's March Coalition Meeting held 03-13-+18 at the White Swan Methodist Church. We had 49 motivated individuals turn out for that event, Issues that were discussed Mt Adams School District New School Building, Prescription Drug Drop Box, Discussions on the Healthy Youth Survey, Coalition Assessment, Tool, and finally the Community Survey. This is the kind of interest we need shown from our community mobilizers. A lot was planned and a lot is being done to bring to fruition the plans that our community has to eradicate itself from the substance use epidemic we are challenged to fight and destroy.







The longest Walk 5.3 took place here on our Yakama Nation reservation 03-06-18 to 03-08-18. This walk's profound and tragic message of unresolved Murders of indigenous women, Domestic Violence, and substance abuse was intended to reach an audience of All Native American's, All Federal, State and local criminal justice departments and legislator's across the country all the way to Washington DC, to raise awareness and bring about a concerted effort on everyone's part to help ameliorate and even eradicate this devastating turn of events and tragedies that have affected our Native Women and Men across Indian Country and as a result leaves indelible psychological, spiritual and physical marks on our people. This walk provides a means to an end and a time to heal has been brought to our people.

As the picture above denotes, a collective tribal resolution to this matter has to be exercised by all parties concerned to bring about a healing bond between tribes that have been affected by great grief and loss. I commend the Walkers that have made great sacrifices to bring attention to the longest Walk Event. Commendations are to be given to our Yakama Nation Tribal Council and General Council elected Officials for hosting the Walkers and providing safe haven and provisions for them during their stay.

It is imperative that each of us take it upon ourselves to teach our families the reality of the wickedness that is at our doorstep, measuring our steps and sharing wisdom and practical teachings that will empower us to resist the temptation to use substances and make choices that can and will bring about adversity and challenge's that take much thinking and resolve to deal with. It was an honor for our Yakama Nation Alcohol program to be a part of such a meaningful event.